WHAT IS CLAIMED IS:

1. An interlocking component assembly comprising:

a plurality of frame components;

a plurality of panels, each panel formed integrally with a respective frame to form a frame and panel component; and

means for interconnecting a plurality of assembled frame and panel components, said interconnecting means comprising a channel formed along the entire periphery of each of the frame components, wherein during assembly the channel of a frame component is inserted within a channel of another frame component to lock the components together along the length thereof.

- 2. The interlocking component assembly of claim 1, further comprising at least one locking tab disposed within the channel of each of the plurality of frame components.
- 3. The interlocking component assembly of claim 2, further comprising at least one aperture disposed within the channel of each of the plurality of frame components, wherein when the channel of a frame component is inserted within the channel of another frame component the at least one locking tab is received within a corresponding aperture.
- 4. A method of interlocking a plurality of frame and panel components comprising the steps of:

providing a plurality of integral frame and panel components; and interconnecting a plurality of assembled frame and panel components, wherein each of the plurality of frames include a channel formed along the entire periphery of each of the frame components, wherein during interconnection the channel of a frame component is inserted within a channel of another frame component to lock the components together along the length thereof.

5. The method of claim 4, further comprising the step of engaging at least one locking tab disposed within the channel of a frame component with at least one aperture formed within a channel of another frame component.

- 6. The method of claim 5, wherein each of the steps is repeated until a three-dimensional unit is formed.
- 7. The interlocking frame and panel component unit of claim 6, further comprising at least one sub-component disposed therein.